

what constitutes a thorough education of a gentleman fit to rule. He commences with the birth of the youth and follows his education and training carefully and minutely until the lad has become a mature gentleman."¹ Up to the age of seven the child is to be under the charge of a nurse or governess. He is then to be handed over to a tutor or a carefully selected master, and taught music and its uses, painting, and carving, and is to be instructed in letters from such books as Aesop's Fables, 'quick and merrie dialogues' like those of Lucian, or the heroic poems of Homer. When he attains the age of fourteen, he is to be taught logic, cosmography, and 'histories' and although 'this age be not equal to antiquity' (the Classics), he is, nevertheless, to make a beginning therein. His bodily frame is to be exercised in wrestling, hunting, swimming, and, above all, in dancing, which profits much for the acquirement of moral virtues. Shooting with the cross bow is also to be practised and tennis, if not indulged in too frequently and if limited to brief periods of exercise, but football is to be 'put in perpetual silence' because 'therein is nothing but beastly fury and external violence, whereof proceedeth hurt, and consequently rancour and malice do remaine with them that be wounded.' In his second and third books he sets forth the lofty ideals which ought to inspire the governour and describes the way in which he can be trained to a virtuous life.

The whole book is full of classical reminiscences taken either directly from the authors of antiquity or borrowed from the humanists

1. The Booke Named the Governour, Intro. p 13.